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August 2, 2021

Dear Resource Parents,

I hope that you have been able to get out and enjoy this beautiful Maine summer. As the new school year approaches, it is a great time to review the healthcare needs of the children we care for. Please confirm that children in your home have had their well child check-ups and are up to date on immunizations recommended for their age. Your caseworker should provide updated healthcare information to you, including the child's immunization record. We also encourage you to contact the child's pediatrician, their dentist, and other care providers to schedule any appointments that are needed.

Throughout the country, many children and families missed important medical appointments during the pandemic, and we especially want to be sure that our children in foster care are getting their health care needs met.

As we look to the upcoming school year, with the spread of COVID-19 continuing, the CDC continues to recommend that everyone 12 years and older get a COVID-19 vaccination to help protect against COVID-19. At this point, the COVID vaccine is not required for school, but it is recommended for youth in care who are over 12 years of age.

A helpful FAQ on COVID vaccines: <https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/The-Science-Behind-the-COVID-19-Vaccine-Parent-FAQs.aspx>

Schedule a COVID-19 vaccine for yourself and the children over age 12 in your home child as soon as possible. Children 12 years and older are able to get the [Pfizer-BioNTech COVID-19 Vaccine](#), which requires a second dose of the vaccine 3 weeks after their first shot. COVID-19 vaccines are [safe](#) and [effective](#). COVID-19 vaccines have been used under the most intensive safety monitoring in U.S. history, which includes studies in adolescents. To find a location for Pfizer vaccines in Maine, search <https://www.maine.gov/covid19/vaccines/vaccination-sites>. If you are having trouble with transportation to vaccines, or have trouble making an appointment, please contact your caseworker for assistance.

Thank you again for all you do to keep Maine's children safe and healthy.

Sincerely,

Adrienne W. Carmack, MD  
Medical Director, Office of Child and Family Services